



J U D O

QUARTERLY BULLETIN

JANUARY, 1950

THE BUDOKWAI

15, LOWER GROSVENOR PLACE, LONDON, S.W.1

TWO SHILLINGS & SIXPENCE



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Founded 1918.

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Saturdays	..	2—3 „	<i>Beginners' Class :</i> P. SEKINE.
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1950

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Drawings by "Jak" and Barbara Ball

CLUB NEWS

OBITUARY.

We have learnt with great regret of the untimely death of Mr. J. McKenna, of the Merseyside Judo Society. He was one of the pioneers of Judo in the North-West, the founder of the Merseyside Judo Society and the organiser of some of the first Judo vacation schools. A friend in Liverpool who met him constantly, when the talk more often than not turned on Judo problems and plans for fresh developments, writes: "Judo has lost a great enthusiast. His untiring efforts to further the great cause will never be forgotten".

EUROPEAN JUDO UNION.

The first annual meeting of the European Judo Union duly took place in Holland on the 29th October, and a report by Mr. J. G. Barnes, one of the British representatives, appears on p. 11.

ANGLO-FRENCH MATCH.

The next Anglo-French match is to take place in Paris on the 22nd January, and our French hosts have invited a team of five, accompanied by their coach. Our best wishes go with them for a fine match, and may the best men win!

NEWS FROM ABROAD.

A national Judo association covering all Judo activity has now been formed in Belgium (*Association Fédérale Belge de Judo et Jiu-Jitsu*, 29, Rue Emile Regard, Brussels-Uccle), with M. J. de Herdt (3rd Dan) as technical director.

We have just seen, very belatedly, a report of the French championship matches for 1949, held last June, in which many of our old friends and opponents took part. From this gruelling test M. Jean de Herdt emerged as champion of France for the fifth time. Following five earlier contests on the same evening he scored against M. Cauquil at the end of eight minutes.

Mr. Schutte sends the following account of the Dutch Judo Display in October:—

"The 4th Annual Sport Display of the Netherlands Judo Association was held in Leiden, where the 'N.J.A.' was formed in 1948. A lot of difficulties had to be vanquished, visa problems made it impossible for Germany and Austria to send their representatives, and till the very last moment it seemed even that Mr. G. Koizumi would not be able to come. The day before, the European Judo Union held its annual meeting in Bloemendaal, and after the sports day a course under the direction of Mr. Koizumi was due to take place in Hilversum. England was represented by Mr. J. Barnes and Mr. G. Chew, France by Mr. Marcellin, Mr. Laglaine and Mr. Godet, Italy by Mr. T. Betti-Berutto, and Denmark by Mr. Aabrink, Mr. Friegast and Mr. Christensen.

"The hall in Leiden was splendid, the visitors came in great numbers. Everybody was rather nervous and disappointed, but suddenly the news came through that Mr. Koizumi had arrived. After a long talk with Mr. Nakamura, G.K. gave the audience an

idea of what Judo really can be. His third Kata with Mr. Chew was marvellous, and his demonstration of Judo movements was a revelation. Friendships were formed between people of all countries ; Judo was played by Chew, who made a wonderful match with Nakamura, ending in a draw ; everyone had practice with everyone. Laglaine and Godet gave the third Kata (just before the arrival of Mr. Koizumi), Snijders and Nauwelaerts gave the first Kata, and inter-club matches were held between Judo Club Holland and Judo Club Utrecht (won by Holland 6—2) and Judo Club Van der Horst against Judo Club Holland (won by Van der Horst 6—2).

"Next day the course in Hilversum took place, and for the first time in Judo history Mr. Laglaine took part as a (very gifted) pupil. Time was much too short and, of course, G.K. astonished everyone with his simple solutions for difficult situations. And Mr. Chew will probably never forget what G.K. *could* do if he *would* do it. The terrific blow on the mat was no theatre ! "

Mr. Schutte also writes that the Dutch amateur Judo club, Ken-Am-Ju, now has a fine dojo at Klein Heiligland 45, Haarlem, Holland. The club has started with 47 members and more are coming in. The technical director is Lt. Thieme.

Lt. Knud Janson sends the latest news from Denmark : " Mr. Villi Gørntved and his crew have joined our association. All Danish judokas now are members of our association. Outside our association are only people who are interested in Jiu-Jitsu, not in Judo. These people are members of ' Jiu-Jitsu schools ' directed by professional Jiu-Jitsu teachers, who do not know anything about Judo.

" Now we have brought Judo to Sweden ! Mr. Malmberg in Malmo now is a member of one of our clubs (' Amazes Judokwai '). Very soon we will start a club for him in Sweden, named ' Malmo Judokwai ' . "

[An account of Mr. Newcombe's visit to Denmark appears in " Dojos Abroad " on p. 29.]

M. J. Beaujean, who will be remembered as a visitor to the Budokwai from France, is now studying at the Kodokan in Japan, with M. Duchene, an instructor from the Lille Judo Club.

PERSONAL NOTES.

Mr. H. Stafford-Hill (2nd Dan) writes : " I am trying hard, very hard, to start a club here in Nottingham and have filled in forms for the Local Education Authorities through whom premises would be allocated and through whom equipment would come. "

Col. Trevor Jones (Post Box No. 1593, 14, Perianna Maistry St., George Town, Madras, India) writes that he is hoping to start a Judo class for the Madras Y.M.C.A. School of Physical Education.

JUDO AND HUMAN BEHAVIOUR.

The new book by Dr. M. Feldenkrais (*Body and Mature Behaviour*, Routledge & Kegan Paul, 12/6), which incorporates the results of experiments carried out at the Budokwai, has been

received as "an important contribution to the study of human behaviour". A reviewer writing in *The Listener* on the 20th October stated: "It should be of great interest to psychiatrists, orthopaedic surgeons, physiotherapists and medical men in general. . . . Mr. Feldenkrais has given us an excellent survey of a subject which has not yet received the attention it merits, namely, the relationship of bodily postures and movements to emotional states". We hope to be able to review the book in the next number of the Bulletin. In the meantime, the first of a series of articles by Dr. Feldenkrais describing the research work carried out at the Budokwai, which helped to make the book, appears on p. 18.

INTERNATIONAL JUDO YEAR BOOK, No. 2.

The editors of the International Judo Year Book are preparing a second edition, which they hope to publish in May, and they would be glad to receive particulars for publication from all British Judo clubs. The information supplied should include particulars of the dojo (address, mat area, hours of opening, etc.), names and grades of instructors, details of any special courses of instruction, number of members and a short historical note, including match results. This should be sent (in English) to Mr. H. Plee, 43, Rue de Clichy, Paris, 9, France. Judo has made great strides in this country since the first International Judo Year Book appeared, and it is to be hoped that all clubs will respond to the editors' invitation so that this publication, which finds its way to all countries where Judo is practised, may contain a complete picture of British Judo.

KODOKAN HANDBOOK.

Through the kindness of Mr. T. P. Leggett, the Budokwai has secured a limited number of copies of the Kodokan handbook in English, "What is Judo?" The handbook includes sections on breakfalling, throws and groundwork. Seventeen throws, with some additional variations, are described in detail and eleven holds, locks and strangles, and all are fully illustrated. Each throw is shown in a complete series of cinematograph pictures illustrating every phase of the movement. Obtainable from the Budokwai, price 6/6.

JUDO BIBLIOGRAPHY.

Mr. Kjell Köjstolf (St. Mariegt. 38, Sarpsborg, Norway) has informed us that he is preparing a bibliography of Jiu-Jitsu and Judo covering approximately 200 books dealing with technique, and some other books concerning the religion, history and mentality of the Japanese people. There are about 70 books in English or American, 90 in German, 30 in French and 20 in Scandinavian languages. The list is to be printed at Sarpsborg and should be ready about the end of 1950. Mr. Köjstolf is anxious to receive detailed bibliographical information from the authors of books and of articles and reports in magazines and papers published in England, America and France.

JUDO EXERCISES.

The long-felt want for some "Judo Exercises"—the sort you can do when you get up in the morning, in the hope of improving your Judo—has at last been filled by G.K., who is producing a nice little booklet of the most exhausting exercises which can be practised without the least danger to other members of the family or to the furniture and leave you with "that satisfying feeling that your duty has been done", which is an essential feature of all exercises to be practised before breakfast. No Judo household will be complete without one. To be published shortly. Details will be announced in a later Bulletin.

STILL MORE ANIMATED JUDO PHOTOGRAPHS.

A further four throws have appeared in the "flicker book" series, Shoulder Throw, Stomach Throw, Shoulder Wheel and Side Body Throw, price 3/6 each.

BRITISH JUDO ASSOCIATION: OFFICIAL ORGAN.

The Bulletin is to serve as the official organ of the British Judo Association, and space (within reasonable limits!) will be placed at the disposal of the Association in every number to provide a convenient means of spreading information about the Association's activities and communicating with member clubs. The Association's contribution in this number appears on p. 17.

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We are pleased and flattered to see how often articles from the Bulletin are reproduced in Judo magazines in other countries. It all helps to spread knowledge of Judo and to strengthen the ties uniting judoka in different countries. We would only remind our fellow editors that, as copyright in all articles appearing in the Bulletin is reserved, permission to reproduce them should be obtained beforehand. Permission will be readily given in all suitable cases without charge.

ANNUAL DISPLAY.

The Annual Display will take place at the Seymour Hall on the 20th March, 1950. Tickets from the Budokwai.

VACATION SCHOOLS.

The British Judo Association is organising a number of vacation schools from April onwards. Details on pp. 17 and 18.

GRADING ARRANGEMENTS.

The Spring Grading will be held at the Budokwai, 13th and 15th March (ladies, 14th March), at 7 p.m. Applications on special application form, with grading card and fee of 1/-, must reach the Secretary by the 7th March, otherwise grading cannot be arranged. Queries (and stamped, addressed envelope) to Mr. F. Kauert, at the Budokwai.

To assist in checking the grading records maintained at the Budokwai, Mr. Kauert would be glad to receive from all clubs a complete list of members, giving their full names, permanent addresses and present grades.

PUBLICATIONS AVAILABLE.

Instructional Judo Film (3 reels), sale price £25, hire £1 5s. 0d. for 24 hours.

Animated Judo Photographs ("Flicker books")—

Tsuri-Komi-Ashi (Drawing Ankle Throw), 3/6.

Ashi-Guruma (Leg Wheel), 3/6.

Kouchi-Gari (Minor Inner Reaping), 3/6.

Tai-Otoshi (Body Drop), 3/6.

Seoi-Nage (Shoulder Throw), 3/6.

Tomoe-Nage (Stomach Throw), 3/6.

Kata-Guruma (Shoulder Wheel), 3/6.

Yoko-Sutemi (Side Body Throw), 3/6.

"Twelve Judo Throws," by G. Koizumi, 3/6.

Kata diagrams, Katame-no-kata (ground work) and Nage-no-kata (Fifteen Formal Throws), 3/- each, including postage.

Notes on Starting a Dojo, 1/-.

Bulletins (back numbers available):—Vol. I, Nos. 1-4 (first four numbers in one volume), 2/6. Vol. IV, No. 1 (Special Anniversary Number), 5/-, Nos. 2, 3 and 4, 2/-. Vol. V, Nos. 1, 2 and 3, 2/6.

Mr. Chew, who is having his back numbers of the Bulletin bound in one volume, would be most grateful for any copy of Vol. III, No. 1, which is no longer required by its present owner, so that he can complete his set.

HEARD UNDER THE SHOWER.

"Get a Black Belt to explain it to you—get one that's all right." (! ?)

(Contributions for the April Bulletin should reach the Editor by the beginning of March.)

POSTURE, OR SHISEI

In works on Judo technology, the subject posture is generally found in the opening chapters. But these texts are mostly simply descriptions of its varied forms and their relations to the balance and power of the body. The significant part it plays, connected with the spiritual, psychological and physiological aspects, is left out of account.

The mind and body are inseparable components of one living being, and in effect they are co-existent and inter-influential. Training one is, therefore, training the other.

In theory this might be the case, but in practice, for most of us who are still in the body-minded stage of evolution, it is easier to follow the way of Nature and to start with physical training rather than the opposite, or simultaneous training of both. Therefore, in the East, from early times with all forms of training, mental, spiritual or physical, great importance has been attached at the start to correct posture and bodily training.

So-called personality, or the impression of a person, is something about a person, intangible yet sensible, which is expressed through the mannerism, bearing, posture, movements or speech. These factors, however, if analysed, can be reduced to a matter of lines or the wave-length of the personal vibrations. I do not know if any satisfactory instrument has been invented for measuring this wave-length, but in the art of drawing, music and stagecraft the fact is clearly illustrated. The varied mental and emotional states are expressed by varying the nature and quality of the lines formed by the posture of the body, especially of the spine, the rhythm of tunes and intonation of speech. Thus posture is the physical manifestation of, and at the same time a factor for promoting, the mental, emotional and spiritual state or the personality. Indeed, for those who know, the posture is the indicator of the character and the condition of health of the person.

The natural fundamental posture, so called, is the basic bodily attitude in Judo training, and it may be described as standing in an upright position with unstrained contour, the weight of the body equally distributed on both legs, the feet about 9 inches apart, the head held directly above the spine, which is erect and balanced on the pelvis joint, without undue muscular strain, the shoulders relaxed, the arms dropped by their own weight, the eyes looking at an angle of 45 degrees to the floor. The lines of the posture thus formed express calm dignity, balanced stability, passivity, unconcerned ease, peace and tranquillity, known in philosophical terms as "activity in inaction", full of potentialities. The posture enables one to effect a quick change of position and stance in case of need and to maintain the utmost freedom of action.

In the defensive or animated posture the body is curved, the feet are wide apart, the arms raised, the muscles tense and contracted, the head tilted upwards, the eyes opened wide and gazing directly in front. This expresses excitement, pointed concentration, nervousness, conscious limitation, defensive and offensive, and it thereby exposes weakness and strength, lack of general control and limited potentiality.

To cultivate the natural fundamental posture is the main object of basic training in Judo, for the sake of the attributed virtues described above. It may not be the attitude for worldly achievements as is the defensive posture, but the virtues attained through it stimulate a balanced and clear mental process which leads to realisation of reality or the truth of life itself. The knowledge thus gained through experience is unshakable and permanent, an essential qualification for mastery over matter, while material or worldly achievements are at their best merely transitional and instrumental.

Mental and spiritual mastery over material life is the basis of all forms of teaching. But their doctrines or the methods of training are often directed to the negation of the inseparable material half of life. Some few who have reached a high stage of evolution might

have been able to follow and live according to such teachings, but humanity as a whole is still on the plane where material factors, sensuality and emotion predominate, and has been unable to rise to the calls of the teachers. The result is what we witness to-day. After many centuries of trials the world of man is deeper in the mud of ignorance and suffering, from which the teachers strove to extricate it.

Judo being an art and philosophy, the training furnishes a man with a convincing hammer of reality and tempers qualities which enable him to cut through the maze of prejudices and illusions, and to open the way to the plane where spirit and mind reign and unity and harmony of opposites is law and order.

As to the relation between posture and bodily health, it is an established fact and self-evident that the natural, healthy physiological function of the body depends on the natural supply of nervous energy, which in turn depends on the posture described as the natural fundamental posture. In Judo training, development of abdominal power and its uses are emphasised, not only for physical efficiency and postural training, but for its effect on steadying nervous and emotional reactions. The beneficial effect of such training on health is shown by the fact that the important nutrient organs and glands are situated in this region.

It may need further comprehensive study, but a rational form of postural culture, if brought to general knowledge and put in regular practice, would be a valuable contribution towards enhancing the standard of general health, and also of culture and civilisation.

G.K.

WHY, HOW AND WHERE I STARTED JUDO

[So that a younger generation may know something of the spirit which animated the early European pioneers in the art of Judo, the Editor asked some of the best known of the older judoka to answer the question at the head of this article. We print below the answers given by Mr. E. J. Harrison (3rd Dan) and Mr. Shaw Desmond (1st Dan), both well-known writers on Judo and kindred subjects, to whom we owe a lot for all they have done to stimulate interest in the art. Mr. Shaw Desmond's views do not on all points represent those of the Budokwai.—ED.]

The "why" in my case is not far to seek. A native of Manchester, many a time and oft in those distant days facetiously described by irreverent contemporaries of mine in British Columbia as "near England", I took to a somewhat crude form of wrestling while still a mere boy as naturally at a duck takes to water. Being a pretty sturdy youngster, while still at school I taught myself to swim and skate, and generally participated vigorously in the games of childhood, with emphasis on tree climbing and even some elementary use of the foils and single-stick. Then a few years before emigrating to British Columbia at the age of nineteen, I joined the Manchester Y.M.C.A. gymnasium, where I developed into quite a

fair gymnast. I entered journalism at Vancouver, B.C., and worked for some time as a reporter on the *Vancouver News Advertiser*, and although I never had an opportunity during my stay there to indulge in wrestling, I enjoyed plenty of other healthy outdoor sport, more particularly swimming in English Bay and rowing, both alone and as a member of racing crews, in the placid mirror-like waters of Burrard Inlet, on which Vancouver stands, under the shadow of the noble range of mountains on the opposite shore.

Later I left Vancouver to accept a post as news editor on the *Free Press* at Nanaimo, then a small coalmining town on Vancouver Island. And it was during my sojourn there that I was able for the first time to study catch-as-catch-can systematically and seriously as a member of the local miners' sporting club and gymnasium. My instructor was little Jack Stewart, favourite pupil of the famous Dan McLeod, known far and wide in those days as the "Californian Wonder", although actually a native of Nova Scotia. Jack Stewart himself was a really talented and brilliant lightweight, to whom I owe a lasting debt of gratitude for the pains he took to transform me into a reasonably efficient mat-man. Two other stalwarts of the club, who also helped me greatly, were the brothers Swanson, the older a colossus of 15 stone or so and the younger, "Sinc", then only seventeen, a superb heavy lightweight of splendid muscular development. Years afterwards in Japan I read that "Sinc" had met and defeated a Japanese reputed judoka somewhere in California. Be that as it may, I do not doubt that had "Sinc" been able to study the art of Judo in Japan he would assuredly have become a top-notcher.

With such antecedents it seems but natural that soon after my arrival in Yokohama from California, where for a year or so I engaged in journalism, I should have heard about Jujutsu, to use the older term, and joined a dojo of the Tenshin Shinyo-ryu at Yokohama under Hagiwara Ryoshinsai, a wonderful little man whose praises I have sung to sympathetic hearers on several previous occasions. The time then was 1897. I gained the grade of *shodan* at this school, but subsequently moved to Tokyo and became a *montei* or disciple of the famous Kodokan. Here, too, I soon found that I was a mere tyro in the art and had to unlearn a good many bad habits engendered by the practice of relying too much upon mere brute strength in preference to skill. But I have already exhausted my allotted space allowance and must therefore leave to my readers' imagination the task of filling up the inevitable residuary *lacunae* in this veracious recital.

E. J. HARRISON.

I was just turned my fiftieth year when I had my first lesson in Jujutsu. I was three years older when I "signed on" before the mast for my six months' voyage round the Horn in a Finnish four-masted barque and then walked across Africa, the result being my now world-known log "Windjammer" and "African Log".

All this I owe largely to yoga breathing, plus mental force and Judo. Anyone who starts his incarnation with a carefully chosen body like mine can do the same . . . perhaps !

Almost from youth in Ireland I had been enamoured of the idea of Jujutsu. When I was at 23 secretary of half-a-dozen companies in "The City" and later a director of an international company (the youngest director in the City), I was still more concerned with theoretical Jujutsu and how to strangle my friends than with stocks and shares, only there was no school of Judo. When I walked out of the City to get on with my real work of novelist, dramatist and poet and musician I was still hankering after "locks" and "throws", strangulation and, above all, what I have created, *i.e.*, "psychic Jujutsu", or, to give it its scientific name, "psycho-kinetics", or "stopping at a distance" without contact. But it took me half a lifetime to reach that point in my now well-known experiment in John's College, Cambridge University, when on Sunday, 24th October, 1943, I knocked out a powerful athlete at a distance of four yards without contact and made six others "sick". Had I wished after that I could have made an excellent living as a teacher of murder ! I had many applications.

This "psychic Jujutsu" I had got from my studies amongst the Mississippi negroes and the Zulus, who adopted me as a sort of "Chief", my name in Zulu being *Inkosi* ("king magician").

But this has nothing to do with how I not came, but tried to come, into Jujutsu. For, God help me, I could not find a school of Jujutsu anywhere upon which I could rely, although there were dozens who claimed "to teach you *ju-jutsu* in twelve lessons".

Eureka ! I had heard through *Health and Strength*, for which I sometimes wrote, of Gunji Koizumi and the Budokwai.

I got into my tunic and drawers that first night with two exactly opposite feelings. One was that, as an Irishman with an Anglo-French Huguenot mother, a La Fontaine, I was unconquerable and that I would possibly quickly teach Mr. Yukio Tani a thing or two about rough-house work ! (It was seeing Mr. Tani on the music halls which had first fanned the flame of Jujutsu desire !) The other was the feeling that within a few minutes I should be carried out lifeless (I had looked up the nearest hospital to find it was the St. George's, in case . . .), or at the very least with a broken arm, leg or pelvis. (I was particular about the "pelvis".)

Then somebody walked me about on the dojo mat. Delightful ! It was like ballroom dancing, only nicer. Then, upon my special request for "the real thing", the dojo canvas came up and hit me under the ear. On the rest of the proceedings I will draw a veil.

So, belt by belt (only I never wore any belt till I reached "brown", as I felt anything lower was *infra dig*), I climbed my hard and horny way up to the "brown" after Nagaoke had tried me out. Of course, I wasn't quite so mad as not to realise that any of the little 5-foot Japanese could have murdered me in a

minute, much more the giant Nagaoke, who was exquisite in his touch and affection . . . for it was what a trout feels when he is played on the line of a dry-fly fisherman! For this I got the "Brown", for it was not I who "wrestled" that night but my familiar spirit, who is as real as you who read these words. Incidentally, we all have guardian angels! In Judo you need 'em.

But the night I got the "Black", all the stars of the morning sang together. I went home and, carelessly flinging it into her lap, said lightly to my young daughter, "You might work my name into that . . . it's my Black Belt." To which Deirdre said nothing . . . literally nothing, little guessing that before her stood someone greater than Achilles or Ulysses . . . or even Cuhullin, my Irish progenitor!

God forgive her, for I can't!

SHAW DESMOND.

EUROPEAN JUDO UNION REPORT OF FIRST ANNUAL MEETING

By J. G. BARNES.

The first annual meeting of the European Judo Union was held at Bloemendaal, Holland, on the 29th October, 1949. Great Britain was represented by Mr. J. G. Barnes, chairman of the British Judo Association, and Holland, Italy and Denmark were represented respectively by Lt. H. Thieme, Mr. Aldo Torti and Mr. Jorn Aabrink. Mr. Marcelin and Mr. Laglaine were present as observers for France. In the absence of Mr. Leggett, Mr. Barnes acted as Chairman of the meeting.

The application of Denmark for membership of the Union was agreed unanimously.

It was agreed that the contest rules, in contests between countries which are members of the Union, should conform to the official Japanese rules, and that for this purpose the Budokwai rules should be taken as a basis, as they are almost the same as those of the Kodokan.

It was also agreed that the Union would sponsor a yearly Judo conference which, unlike a formal Summer School, would not be under the direction of a single master, but would be a place where judoka from all countries could meet freely to discuss and try out points of Judo technique, practice and theory.

Italy was elected chairman for the coming year and Denmark vice-chairman.

Mr. Kawaishi, of France, and Dr. Rhi, of Switzerland, were elected to the Judo Council, which also includes Mr. Koizumi, Mr. Leggett, Mr. Bonet-Maury, Dr. Feldenkrais and Mr. Mossom.

The final item for discussion was the place and date of the next meeting. The Italian representative expressed his hope that it would be held in Italy, at a time of the year most agreeable to everybody!

JUDO

(Continued from the last Bulletin.)

NE-WAZA (Lying down technique or groundwork)

Ne-waza consists of OSAE-KOMI (holdings), SHIME-WAZA (neck locks) and GYAKU (joint locks). Five examples of each of the above and their theories are described under the heading of KATAME-NO-KATA, which started in Vol. V, No. 2, in July, 1949. Here I will deal with the methods and techniques for competitive work and movements not included in Katame-no-kata.

On the assumption that a combat would normally be started standing and that throws are intended to put an end to the opponent, in a Judo contest Ne-waza is commenced only when a throw applied has been unsuccessful in scoring a point, or in the case of an accidental fall of one or both. When a throw scores a point there is deemed to be no need for further struggle.

Holdings, being methods of immobilising the opponent without hurting him, may not suffice to end a combat or incapacitate the opponent, but as they are the foundation for all other moves they are regarded as of the first importance in groundwork. No lock can be applied effectively without first obtaining control over the opponent's body or being in a position of advantage. Training in holdings is good sport and a fine means of physical development.

The technique and tactics of groundwork are so intricate and complex, and the differences between one move and another are so subtle and varied that "armchair instructions" are far from satisfactory. Perhaps that is the reason why very few have made an attempt to describe them in print. I can only hope to convey to readers broad ideas how to meet the circumstances which most commonly occur.

APPROACHES TO NE-WAZA.

On the ground the legs play a very important part. Indeed, they are the most formidable front line forces, the spearhead of both defence and attack. Even without Judo training, if one goes to the ground and uses them in the manner a boxer uses his arms, the feet as his fists, one can defend oneself against the most ferocious of attacks. Therefore, in approaching groundwork, the first concern is to prevent the opponent from using his legs against you or to place yourself in a safe position from attack by his legs.

Let us study a few varied circumstances.

1. *When the opponent is lying on his back.*

In approaching the opponent on the ground you must always keep the trunk of your body upright, and be ready to take a wide step forward to the side of the opponent.

Assuming the opponent has his right leg raised, the foot pointed towards you, move from side to side so as to induce him to move his raised leg following your movement, and at an opportune moment, when he moves his leg to his left, balancing yourself on your left leg, move in your right foot to a position close to the side of the



FIG. 1.



FIG. 2.



FIG. 3.

opponent's right hip (Fig. 1). In so doing, press the outer side of your right leg against his right thigh and get a hold on his right knee with your right hand, pushing with it in such way as to turn the knee to the opponent's left (Fig. 2). Then moving your abdomen forward, bend your right knee, transferring the weight of your body on to it. At the same time, opening the knee to your right, like a fan, slide it across the opponent's abdomen to the ground, to get into a position astride his body (Fig. 3). This will place you in a position where you can control the opponent's movement and check the action of his legs.

Another method is, instead of moving into the astride position, slide down and forward to a sitting position close against the right side of the opponent (Fig. 4) or a kneeling position (Fig. 5). From these positions, in case of necessity or for a special purpose, you can change quickly to a position over the opponent's head, or to others, with a spinning movement, pivoted on your knee or foot (Fig. 6).

When you have managed to hold both the opponent's knees, with a push on them, you can jump over them, in "leap frog" fashion, to the astride position or to the side of the opponent (Fig. 7).

2. *When you have floored the opponent but failed to score a point.*

If you remain standing and retain a hold on the opponent, move your knee quickly over his body to prevent him from raising his knees towards you, and lift him slightly (Fig. 8). Then, when the opportunity presents itself, move into the astride position or sit at the side of the opponent.

If you go to the ground together with the opponent, as when applying a body throw, pivoting on the hand with which the opponent retains a hold on you or you on him, move your body in a circular fashion to any position of advantage. However, in the case of hip throws or shoulder throws, you are already in the position of advantage for further action.

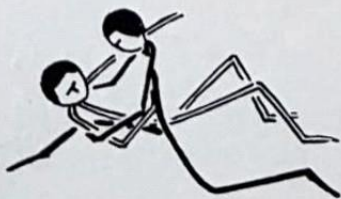


FIG. 4.



FIG. 5.



FIG. 6.

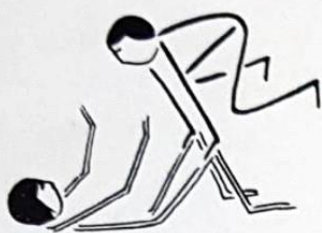


FIG. 7.



FIG. 8.



FIG. 9.

3. *When you are floored.*

Retaining a hold on the opponent, pull him down on top of you, at the same time bend your knees and apply one foot to his groin, the other to the thigh of the other side (Fig. 9). Then by pushing the thigh downward you can keep the opponent in a weak, unbalanced state. In this position, as opportunities present themselves, you can attack with various neck locks and arm locks. Also by lifting the opponent's leg on which he is kneeling, with the foot applied to the groin, you can turn him on his back (Fig. 10) and move him into the astride position.

4. *When you have smashed the opponent to the floor as a counter.*

Relax your body and bear down the opponent with the dead weight of your body and, as opportunities occur, proceed with a holding or lock (Fig. 11). This method is especially suited against hip throws and shoulder throws, or any other in which the opponent turns his back against you.

5. *When the opponent doubles up his body, the knees and elbows pressed against the body.*

In such a posture the opponent may have a strong defence against frontal attacks, but he has no defence if attacked from the side or back. Therefore the approach should be made from those undefended directions.

G.K.

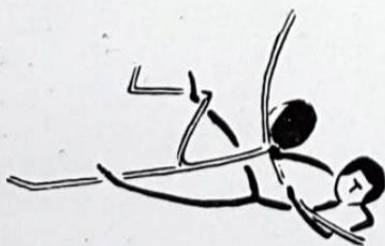


FIG. 10.

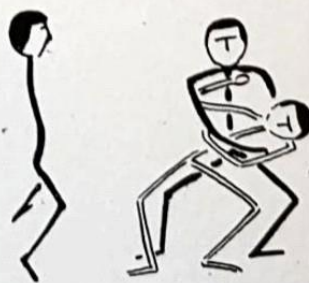


FIG. 11.

(To be continued.)

TRAINING FOR JUDO

By E. N. DOMINY.

[Mr. Dominy was asked to state his opinions boldly and not to shirk controversial questions. The free and frank discussion of such questions helps to contribute to the study of Judo. Other views will be welcomed.—ED.]

Ever since the first international match against France in December, 1948, I have wanted to comment on the subject of training,

but the fear of being thought to criticise some of the leaders of British Judo has previously made me hesitate. Now I have been actually asked to write my opinions and suggestions on the subject, so, with the feeling that I am no longer personally responsible for hurting anyone's feelings, here are my views.

Like many others, I was alarmed at the condition, both physical and mental, of some members of the teams representing Great Britain in the post-war international matches. This suggested several points which perhaps deserve more consideration. First, the special practices which are arranged before teams are selected are a most important part of the training and everyone who hopes to be chosen should make a point of attending them throughout. Then, some people become dispirited by uncertainty and it helps a team if the selection is made as long as possible before the match so that they can concentrate on their final training with quiet minds. Mental agitation can have upsetting physical effects, and a calm mental state during preparation for a match is half the battle.

But no final preparation with a match already in view can suffice unless it can be based on an already high degree of general fitness, and all serious judoka should keep themselves constantly fit by regular hard work on the mats.

In this article I am not going to attempt to teach the technique of Judo, as there are many far more qualified to do that, but rather deal with general training. Training can be divided into three sections, namely, physical fitness, technique and mental fitness.

Physical Fitness.

Despite the protests of certain of our fellow judoka it must be realised that Judo is a fighting sport and as such is hard and exhausting. General physical fitness is, therefore, essential if success is to be achieved in contests. One has only to watch the periodical grading to see experienced and high grade judoka at half speed after two or three minutes. This necessitates a mental effort to maintain efficiency, and once one has to make such an effort effectiveness is greatly reduced. For the same reason a heavy fall early in the contest is far more serious to the unfit exponent.

Agility and suppleness are also very necessary in Judo and this is one of the chief reasons it is said that judoka do not even become teachable until they reach Dan Grade. Both agility and suppleness, together with balance, can be improved by constant Judo practice at contest, and also Kata speed, and finally by exercises at home. The necessary exercises can best be designed by the judoka himself, based on his own favourite throws and the facilities available. I would also refer readers to T. P. Leggett's article in a recent number of "Judo"* and to "G.K.s'" classes on the subject. The various forms of Kata, including the much despised Juno Kata, are almost certainly the best forms of exercise when practised with the intention of using them for this purpose.

* "Butsukari," by T. P. Leggett, Vol. IV, No. 3.—ED.

As far as stamina is concerned, in theory, long periods of Judo practice should be sufficient exercise, but unfortunately Judo practice when tired causes slovenly movement and deterioration of one's technique. The answer, therefore, appears to be to build up one's stamina by means of other sports, such as running. Members of future representative teams should be required to carry out a certain amount of track or road training if they wish to be considered for selection.

Technique.

Training to improve technique is obvious but does not seem to be carried out to any extent. Practising movements without actually throwing one's partner time after time, and the learning and practising of the Katas are essential. Also instead of avoiding "difficult" judoka one should make a point of practising with them. Highly-graded men, who should surely know better, have sometimes been heard to remark that they avoid practising with a particular judoka because they don't like some peculiarity of his style, such as holding the opponent's belt. While such a trick can be very irritating, refusal to practise may amount to a confession that one finds the style difficult to handle and does not wish to appear to disadvantage before the other members of the club. "Prestige" in Judo will prevent the full benefits being obtained from training, and no one should let himself be influenced by fear either of being unable to throw, or of being thrown by, a lower grade. It is the experience which counts.

Mental Fitness.

Confidence is essential and can only be obtained by means of contest experience. Therefore, one should take part in all the contests possible. Without confidence, relaxation, either mental or physical, is impossible, but it is essential to success. A nervous judoka immediately becomes defensive and stiff, and when in such a condition it is impossible to make a successful throw or even a smooth and rapid movement without completely sacrificing one's balanced posture.

Similarly one must put aside the fear of being countered. This again causes stiffness and defence. Contests cannot be won from a defensive posture, and this is unavoidable without confidence. For the same reason there is a serious danger, without contest experience, of being demoralised by an early reverse. The solution is to take part in every possible contest.

Finally, avoid going on to the mat with any particular move or throw in mind. Once you concentrate on any move or part of the body, mental relaxation is impossible and you will be unable to fit your movement into that of your partner instinctively, as you must if your throws or moves are to be successful. Success can only be achieved by practising with a relaxed mind and a relaxed body.

BRITISH JUDO ASSOCIATION NEWS

By J. GARGIN.

A meeting of the British Judo Association was held on Saturday, 26th November, 1949, when a number of points of interest to clubs in the Association were discussed, and further progress was made with the scheme for providing instructors to work with the Central Council of Physical Recreation.

Incidentally, the purpose of the scheme may not be quite clear to all judoka, but briefly it is this. In order that all clubs in the Association may assist in the spreading of really good Judo knowledge and technique, it is necessary to have good leaders in every club who, while not being necessarily above 2nd or 1st Kyu, are able to instruct the lower grades with the proper technique.

In order to train these club leaders the Association has planned several trial instructional courses and will award Certificates to those who display the necessary teaching ability. Examinations will be held twice a year to begin with, and successful candidates will be awarded the following Certificates covering the grades from 2nd Kyu to 4th Dan and above :—

Preliminary Certificate.

Teacher's Certificate.

Coach's Certificate.

Senior Coach's Certificate.

It may also be necessary for all candidates to obtain an Elementary Certificate in First Aid, but details of this have still to be arranged.

The possession of a Teacher's Certificate or higher certificate will qualify the holder to be included in the National Register of Coaches.

Further details of the scheme may be obtained by clubs interested from the Secretary, British Judo Association, 15, Lower Grosvenor Place, London, S.W.1.

The scheme will only be open, of course, to clubs in the British Judo Association, so if your particular club isn't a member yet, you'd better get it to join now!

By the way, the British Judo Association is still rather low in funds at the moment, so if any judoka has any bright ideas for raising cash quickly, please inform the Secretary immediately!

VACATION SCHOOLS.

The British Judo Association, in association with the Central Council for Physical Recreation, is holding a week's residential course at Bisham Abbey, near Marlow, from 19th to 26th August, where, in addition to the Judo instruction, various activities will be arranged in the afternoons, including such things probably as canoeing, tennis and swimming (all voluntary, of course!).

Classes, I believe, are limited to 22 persons, so early application is desirable.

There will be the usual Vacation Schools, of course, during the year, the first at Liverpool, 17th to 22nd April, with probably a further school in the Manchester area later in the month.

The Imperial College Union Summer School lasts a fortnight as usual, and will be held from the 10th to 23rd July.

NEW MEMBERS.

The Association extends a warm welcome to its latest applicants for membership, who, in order of enrolment, are—

Manchester University Judo Club.

Ebor Judo Club, York.

The Kensington School of Judo.

This makes a total to date of seventeen clubs in the Association.

And you would-be members, please, when applying for membership, send us a copy of your constitution and the names of your committee. Remember, you must be a truly amateur club, not operated for individual profit, and must follow in the traditional spirit of Judo.

RESEARCH WORK AT THE BUDOKWAI

By DR. M. FELDENKRAIS.

Every one of us knows how difficult it is to learn to perform throws or other Judo movements to the satisfaction of Mr. Koizumi or Mr. Leggett. It is not very difficult to make this or that particular throw, but it is practically impossible to perform them repeatedly to the satisfaction of our masters, especially a few days after having learned them or later still. Yet, we all learn in due course a reasonable manner of performance. The object of my investigation was to check in practice some theoretical points and establish, if possible, the essential features of correct action, so that transfer of training is improved.

Transfer of training is rather an elusive notion, which means the improvement of one kind of act by practising another, such as the improvement of Hane-goshi due to learning Harai-goshi. When viewed in its generality, transfer of training is the most important purpose of learning and training in general. If there were no transfer at all we would have no other advantage out of our training except the learning of a series of tricks which we could repeat only with the same opponents, and strictly in the same conditions in which we had learnt them. Thus, learning without transfer means that in every new situation, in our case the opponent changing his position or doing anything which the teacher had not taught us, we would be unable to do any better than without training at all. Obviously, therefore, some transfer of training takes place in everyone of us.

Without the knowledge of what is being transferred we are left with one alternative only, that is, to go on repeating what we are doing and hope for the best; one day something will happen and we will suddenly know that we know Judo. This is not such a bad solution as it might sound, for the constant contact with our

masters, their corrections, their example and, above all, our interest in what they do and how they do it, do in fact improve our action not only in the particular movements in which we are instructed. But what a disappointingly slow process it is you probably know yourself. The corner stone of any learning is interest, it is strengthened by satisfaction and weakened by discomfort and frustration, so that the number of those who "stick it out" until they begin to see the fruits of their application is only a small proportion of the would-be judoka.

But even the most devoted among us, whose interest in Judo seems permanent, do not reap benefits from their training in proportion to their zeal. Some confusion is caused by slight differences in technique of the teachers, which, in the face of the vagueness of what is to be transferred, becomes a contradiction instead of, what it is, a different aspect of the same thing.

In theory we know very well what Judo teaches, namely, the most efficient use of the mind and body. Were it possible to learn purely the most efficient use of the mind and the body in some manner, we would become perfect judoka straight away. As it is, we learn the most efficient use while we perform a very inefficient use of ourselves, in spite of constant application. In all learning we find this paradoxical situation, we train and do things in a way which is not what we aim at; the proper way is to be transferred from our inefficient performance. Obviously, then, the important thing in training is precisely the mysterious thing which is transferred, and not the particular exercise we are performing. What is it that the 5th and 6th Dans have, and which others have even in a greater degree? It is not their ability to beat opponents, but the way in which they use themselves in performing movements which are known to us all. The question is, would it not be possible to make the transfer of our learning easier if we could state explicitly what correct action is and devise body configurations through which the sensations of correct use can be experienced? In particular terms, we want to know what there is in common in a good performance of Tomoe-nage and a good performance of Ashi-guruma?

(To be continued.)

THROWING *VERSUS* MATWORK

THE SELF-DEFENCE ASPECT

By K. H. HOBSON.

I read with interest Mr. Lowell's article in the last Bulletin on "Throwing *versus* Matwork" and noted what he said regarding the self-defence aspect of Judo.

I should, however, like to put forward a few of my own observations concerning this section of the art.

While I agree that it is highly desirable to put an opponent out of action with a throw, I do not think it is always possible, for a number of reasons.

The space available may be insufficient to use a throw.

The surface upon which one is standing at the time may be far from ideal. It may be uneven, wet, slippery, etc.

The wearing of shoes in addition to the possible unsuitability of the surface would further limit one's footwork.

An antagonist, not knowing how to do a breakfall, would tend to hold on when thrown, with the result that one may be drawn to the ground with an opponent, in which case a rapidly applied necklock or armlock would surely prove most effective.

In view of these points, I feel that from the self-defence point of view an approximately equal ability at throwing and groundwork would be most desirable, plus the ability to perform a faultless breakfall in any circumstances.

Another thing worth considering is that the tough two-fisted heavyweight type finds his fists practically useless on the ground.

Anyone else's views, please?

BOOKS ON JUDO

Judo. Forty-one Lessons in the Modern Science of Jiu-Jitsu, by T. S. KUWASHIMA and A. R. WELCH. (Putnam & Co. Ltd.) 12s. 6d.

This is the first edition to be published in this country of a work which has been well-known in the United States since 1938. It is true that it seems to have suffered a sea-change in crossing the Atlantic, for on turning to the last two sections, dealing respectively with throws and matwork, we were surprised and pleased to see our old friends, Ted Mossom and Inspector Bissell, looking back at us from the accompanying illustrations. The earlier sections deal with a number of movements and tricks which are generally regarded in this country as belonging more to Jiu-Jitsu, or unarmed combat, than to Judo. They include movements specially recommended for the Police Officer and also, rather astonishingly, a movement recommended for an arrested person anxious to escape from the clutches of the law. ("If opponent still maintains his grip on your collar, his head may be pounded against the ground"—O, Inspector Bissell! is this really to be recommended?) Another series of movements is intended to answer that perennial question: "What can be done about boxers?" The sections on throws and matwork cover ground which will be more familiar to British judoka, in spite of the slightly different names used for the throws. The throws described include Taiotoshi, hip throw, shoulder throw, Osoto-gari, inner thigh and stomach throw, and there are some excellent demonstrations of some of Mr. Mossom's "specialities" in the way of groundwork.

E. R-S.

ZEN BUDDHISM

APPROACH THROUGH JUDO

By DR. H. HARRIS.

Introduction to Zen Buddhism (Foreword by C. G. JUNG, 8s. 6d.)

Essays in Zen Buddhism (First Series, 18s.)

The Zen Doctrine of No Mind (10s. 6d.).

All by Prof. D. T. SUZUKI. (Published by Rider.)

These three important books by Professor Suzuki—now in his 80th year, the greatest authority on Zen philosophy—have long been out of print; they are now reprinted and copies are in the Budokwai library.

As judoka you have heard or used the term “the spirit of Judo” and may not have realised that “the spirit of Judo” is “the spirit of Zen”. You may have felt after a time that you have absorbed something of that spirit from the Dojo which you would find difficult to put into words. Still later you may have sensed that poised yet active spirit which G.K. radiates which is so intangible yet so real. To take a concrete expression of it, no high-pressure salesmanship could have founded Judo so solidly in this country as the quiet continuous spiritual force which enabled G.K. to do so against very many difficulties.

These books—read in the order listed above—may help you penetrate more deeply into the spirit of Zen: a spirit which some think (as I do) the most important thing that the West still may learn from the East. An understanding of Zen is far from easy for the Westerner; even so famous a psychologist as Dr. C. G. Jung seems to miss its point: Judo alone will not give it, but the judoka has a start without which it would be incredibly difficult to go further.

Zen philosophy was born of the marriage between the Mahayana or Northern school of Buddhism (which prevailed in China, Tibet, Korea and Japan) and the Neo-Taoist philosophy of Southern China somewhere before and about the 8th century A.D. Taoism derives from Laotse, whom tradition places in the 6th century B.C. as a contemporary of Confucius; many scholars think he lived three centuries later. Taoist philosophy and religion are quite different: the religion, a degraded form of the philosophy, concerned itself largely with alchemy and the chemical secrets of making gold, rejuvenation, immortality, etc. The Neo-Taoist revival between the 3rd and 8th centuries A.D. was a serene and enlightened philosophy with a strong appreciation of the refreshing and inspiring effects of Nature amid the mountains, streams and fields; and of a conformity with—and a right use of—the laws of Nature.

Volumes have been written about the principle of Wu Wei (variously translated as “non-interference”, “no pressing”, “action in inaction”, “effortless action”, etc.) and the Judo principle of knowing when to yield and when to attack, when to give way and when to press on, is the manifestation of that principle

on all levels, from the muscular to the social and the spiritual. A common misinterpretation was to regard Wu Wei as aimless drifting; but judoka will appreciate the difference between aimless drifting and a purposeful yielding which conforms with natural laws in order to use them.

The word "Judo" was deliberately revived by Professor Kano to make clear that Judo was no mere technique of wrestling or jujitsu, but a frame of mind, a strategy and balanced way of living; a mode of dealing with conflict, strife, strain and anxiety on every level, from the muscular to the spiritual; for mature people of all ages for use in every circumstance; a way not only of living but even of facing death. The very word Dojo (a Buddhist hall where one meditates on the Tao or Do, *i.e.*, the Way) also implies that Judo is more than a mere muscular technique.

Philosophy is never easy, and Zen particularly difficult, for at least two reasons: (1) it teaches *not* a theory or doctrine but a balanced attitude and manner of living (it is therefore not a philosophy or religion in the usual sense of these words); (2) as such, it cannot be expressed adequately in words any more than can the balance and movements of Judo; it can merely be hinted at or pointed to.

To induce this frame of mind in those of their pupils who were ready for it, the Zen masters of the 9th to the 12th centuries evolved a special kind of shock tactics or therapy (the Koan or senseless paradox) which bewilders everybody who approaches Zen primarily through books. Zen has always repudiated the approach by books or theory, and part of the purpose of the Koan was to make one aware of the futility of using logical analysis—or words when they are its tool—to explain or teach the Zen experience and attitude. This is where the judoka—whose approach is through direct experience—has a very real start if he cares to use it.

I would warn judoka not to take written discussion of the Koan too seriously and to use (as did the Zen masters) a little imagination and some sense of humour; much pompous and humourless bunk has been and will be written about the Koan. To hint at it in terms of Judo, it is quite simply as if the Judo master were to give a sudden jerk or push or yell, or even curse, in order to test your balance. What he does or says hardly matter; how you respond and the quality of your balance do.

FAMILY AFFAIRS

SOUTH LONDON JUDO SOCIETY.

"The past three months have been very quiet at South London, but at present requests for demonstrations are pouring in. On 15th December we give a demonstration at Gilmour House in aid of the Metropolitan Police Judo Section funds. We hope that Mr. Koizumi and many of our leading judoka will take part as this is to be our annual display. On 12th December there is a show

at South London to two social and athletic clubs, but this is on a small scale and will be carried out by those present at the club at the time. Hinchley Technical College is the scene of a display for the Surrey County Council on 6th December. A class is organised at Hinchley by South London for the County Council.

"On 7th December, Mr. Koizumi will officiate at our Grading. This time the numbers will be reduced to a reasonable figure, as the London School of Judo have already been graded.

"George Chew was in Holland during the first week in November. Whilst there he was asked to instruct at the Vacation School which they had organised there. He had to put in five hours a day on the mat as well as travel 60 miles to and from the dojo. Eric Dominy visited Leeds to instruct the University and City Clubs, and also arranged to take a South London team there in January for a combined match and teaching week-end. On 2nd December he also paid a flying visit to the Kettering Club.

"The third annual dinner will take place in January. The date and place will be notified later. This will also be the first annual dinner of the London School of Judo.

"Finally, I should like to draw your attention to the amended hours of practice on the back cover." "KYU."

BLACKPOOL JUDOKWAI.

"At long last the Blackpool Judokwai has now settled in permanent premises at the Albert Hotel, Albert Road, Blackpool. We also have plenty of mats and the area covered is approximately 60 by 30 feet. The club would welcome any visitors on Monday, Wednesday and Friday nights from 7.30 to 10 p.m.—Ladies especially." S. WEAVER.

KETTERING Y.M.C.A. JUDO CLUB.

"Had our annual dinner on 30th November, which large numbers attended. (I never knew we had so many members.)

"Two days later, Eric Dominy came up and graded some of us. Afterwards he gave us some very welcome instruction on Judo theory and throws. Several members now claim to have 'seen the light', *i.e.*, to understand why their throws didn't work. Our youngest, and smallest, member got his White, but he never smiled about it. He went away muttering something about his Black.

"Everyone is looking forward to the Budokwai Judo film.

"We have two more shows to do in January at places about 15 miles apart. We hope to promote a Judo club at one of them.

"I understand that the Y.M.C.A. will have to move in April, so once more we'll roll up our mats and accompany them."

"13TH KYU."

MANCHESTER UNIVERSITY JUDO CLUB.

"Our main item of news this time is our one-week school, which was held at the end of September, under the supervision of Stan Wright (1st Dan), of the Budokwai. I would like to take this

occasion of again thanking him on behalf of all the members of our club. As our gynnasium was being used for examinations at the time we were forced to use the fives courts, and most of us discovered that both the floor and the walls were quite hard, but also quite willing to transfer some of the paint to our clean suits. At the beginning of term four of our members gave a small demonstration of Nage-no-kata and Kime-no-kata, as a result of which we got quite a big influx of beginners, so big, in fact, that our one mat was much too small for them all and quite a lot of them left again after attempting to wear down our graded members by hacking their shins away. Since then we have received a new mat, which makes things a lot easier as we can now have eight couples practising at once.

"To date we have had two matches, one against Leeds University, whom we matched grade for grade as far as possible and which was a draw, and one with Liverpool University, whom we beat by four contests to none with three draws, although theoretically they had a stronger team. On Saturday, the 26th November, we were pleased to have once again the company of Stan Wright, who was here for the week-end.

"Unfortunately, we are now once again fast approaching our trice yearly calamity, examinations, and promising judoka are to be found poring over massive tomes and looking very worried instead of being cheerfully thrown around the mat, but when we return refreshed after our Christmas vacations, the gymnasium will once again resound with our breakfalls, which may even be heard as far away as London, as we hope to send a team up for a short visit next term.

"I think that's all for now, so pleasant dreams to all those who dream of the day when the magic word 'Dan' will be attached to their name."

S. M. ZELMAN.

NEWBURY JUDO CLUB.

"On 6th October, 1949, the Newbury Judo Club held its first grading, receiving a lone 5th Kyu and seven 6th Kyus. We had an audience of 150, whose presence was twofold, (a) to boost membership and (b) to assist funds. Afterwards, G.K., with the able help of F. Kauert, gave a most instructive demonstration of Judo, including leg, hand and body throws, arm locks, leg locks and strangeholds. Finally, F. Kauert demonstrated breakfalls. This completed the programme, but, after a coffee, G.K. and F. Kauert gave instruction to each member, much to our great joy and satisfaction. After lengthy reading of Bulletins and 'Twelve Judo Throws' we have now come to the conclusion that 'It does work', or should I say 'Can work'?

"To date we have 21 new members, and in thanking G.K. and F. Kauert for a most enjoyable evening, Newbury Judo Club assures them that membership will increase still further if enthusiasm has anything to do with it."

F. H.

PRESTON JUDO CLUB.

"The Local Education Authorities have agreed to let us use, officially, the gymnasium at the Preston Technical College on two nights a week, and to let the club form part of the Technical College sports activities."

CYRIL BROWN.

INSTRUCTORS' NOTES

"There is so much that could be said under this heading. I feel it would be a mistake to take up one pet theme or any one particularly interesting point in a short article of this nature; one should start at the beginning, take first things first.

"So in this article I will endeavour to take what I consider one fundamental mistake and explain the practical reasons for giving it up, so that those who agree with me will see the point and if it is not too late get back on to an ultimately more progressive and productive track.

"Many clubs I feel are dropping into the bad habit of one or two I have visited in this country, they are teaching more unarmed combat than Judo. Unarmed combat is a very laudable achievement from the Commando's point of view. During the war they could not go up to an enemy sentry, bow and say, 'Please give me your rifle and be quiet'. They had to get behind him and cut his throat. They found a good deal of Judo could be adapted to their necessity, and so unarmed combat grew into being.

"But in everyday life we do not have to deal with many sentries, and Judo is not unarmed combat, that is, unarmed attack; it is, if you wish to name its practical equivalent in our language, UNARMED SELF-DEFENCE, the opposite to ATTACK.

"I have watched keen young men concentrating on taking weapons from an opponent—excellent! Coming up behind them for strangleholds and locks—good! It is useful to know, but it's only a side line of Judo, it's not the meat.

"Apart from the wonderful effect on character that Judo has, its practical use is surely unarmed self-defence. We are not so likely to want to strangle or take knives from people as we are to defend ourselves in brawls, attacks by drunks, from large bullies, young, evilly disposed, taking advantage of elderly people.

"So, and now I am coming to my fundamental point, I don't want to see young men wasting too much time on unarmed combat when they are developing and rather relying on youthful speed and force.

"That bad habit, too, of trying to force a Judo throw—I've seen fine enthusiastic chaps 'heaving and hawing', just trying their hardest not to be thrown or to throw: what a waste! Or standing like the Rock of Gibraltar (how funny) in the middle of the street.

"Why not (and here is my pet theme) throw and be thrown time after time, night after night, tough going but productive, until it is

a real habit, this pet throw of yours. There is no time to think what shall I do. A top-ranking boxer does not telegraph his punches, nor must a Judo opponent. Chaps have said, 'Yes, that's all right; but what about Judo contests?' If I am thrown so much I may let myself be thrown at a contest'. No! you are so used to feeling (by habit) a throw coming that you get your warning earlier; you feel it coming sooner than the forceful Judo player, and you naturally counteract in the prescribed and most effective manner.

"Cultivate a fast, sweet, habit throw, two or three if you can, by arranging with your partner to let you throw him, and *vice versa*.

"Do not spend so much time and energy on unarmed combat; after all your hands would be full with one enemy. But with a sweet fast throw you can instantly drop one enemy and with a well placed kick he is out, and you turn, hands free, for his accomplices.

"Learn a boxer's guard, a fast, neat, well-balanced throw, and you have a weapon of unarmed self-defence that will last you to a ripe old age, long past the time when your youth and strength have gone. That's real Judo, the practical essence of it. So lay off the unarmed combat and forceful push and shove around the dojo; let's hear more falls.

"The question of deliberate push to get reaction is an expert's trick and comes after you have developed your fast habit throw; don't spoil everything by trying this too soon."

H. STAFFORD-HILL.



"I can't do this very well myself, but - - -"

"When I visited the Coventry Judo Club, the session started with a series of bouts, during which time I had the opportunity to watch each member. The party consisted of several Green Belts and a few Orange and Yellow Belts, the most apparent quality being the keenness.

"The first and most common fault I found was the lack of 'finish' to the various throws, this was undoubtedly due to the lack of good and frequent instruction (which they are trying to rectify, good for them). When the points are indicated and practised, I think they will get more frequent, and better results, as their general movement is quite good.

"A further point was the lack of continuous attack. When a throw was attempted and failed, then a quick return to the defensive position was too apparent. An improvement on this, combined with the suggestion above, would, I think, see success indeed.

"As an outsider I was impressed with their standard obtained under the poor conditions prevailing, and I will end by wishing the club every success in the future, and hope they benefited slightly from my visit. I further thank them for a good time on, and off, the mat."

G. R. G.

"After practising at Fylde Judo Club, I realised how extremely fortunate I and many others were to have the facilities of such a club as the Budokwai. The Fylde Judo Club have many difficulties to overcome, mainly the lack of a Dan grade instructor and only being able to practise once a week; nevertheless, the standard of skill is reasonably high and I was very impressed by the enthusiasm shown by the members.

"During the course of the evening I was asked to grade various members. I therefore practised with them and graded accordingly. I can thoroughly recommend the Fylde Judo Club to any member who may chance to find himself in that vicinity. On behalf of Mr. Bloss and myself I wish to thank Mr. Platt and members for a very enjoyable night."

H. LEGGE.

"On the last week-end in October, S. Wright and myself visited the Judo Club at Bristol. The membership had increased considerably since my previous visit a few months before, due largely to an influx of University students.

"The Bristol Judokwai has the faults and virtues common to many provincial clubs. The virtues are those of keenness and a genuine desire to learn, while the faults are an unavoidable consequence of the lack of resident high grade instructors. Faults of style and movement can only too easily become permanent habits. The most that one can do on a short visit like this is to point out the most obvious mistakes and hope that this will be enough to effect a cure.

"The one great fault, and one that must be rectified above all others, is the habit of practising in a bent posture. This is fatal

to good Judo and makes further progress quite impossible. Several Bristol members have a fondness for side body throws, and it should be pointed out that unless they are performed very well they are seldom decisive, and are also a common source of damaged shoulders. Once a student has learnt how to move correctly and to use his bodyweight as it should be used, then he can, if he wants to, learn Sutemi throws without running the risk of crippling the less agile members of his club.

“Bristol is rather unfortunately placed in being too far from other clubs to have regular contests and exchanges of ideas. Nevertheless, if they take care to practise conscientiously what they have been told, the club may well become one of the best in the Southern area.”
IAN MORRIS.

“The general style at the Leeds Judo Club is good. They appear to know the theory of the actual throwing movement and the final position is sound, but they will attack without breaking their partner's balance with resultant failure or a counter. I spent a great deal of time on this and a complete session on groundwork, which hadn't been taught to them at all. We concentrated on points for them to practise after I'd left rather than actual practice with each member. Generally, I felt that previous visitors had practised with them instead of actually teaching, and this appears to be a mistake.

“I was greatly impressed by their enthusiasm and keenness, and delighted to find that, although new members have come along, the old members have remained loyal. I have never met a club with so little wastage of members.”
E. N. DOMINY.

THE JUDO LEAGUE

By E. N. DOMINY (*Hon. Sec.*).

The 1949-50 fixtures commence in December, and I hope that, this year, clubs will co-operate and forward their match results regularly. Fixture lists were sent out in October to all clubs competing. Although the number has been, finally, reduced to five, there is no doubt that all should complete their fixtures without difficulty.

London School of Judo were withdrawn owing to their close connection with the South London Judo Society, which might cause later “political” difficulties.

With the co-operation of competing clubs, all results will be published in the Bulletin, and perhaps secretaries will notify me at once if they do not agree with scores shown. Please note that half points for “near misses” cannot be counted.

DOJOS ABROAD

A VISIT TO THE VIKINGS

By J. NEWCOMBE.

One of the reasons why I was attracted to Judo is the fact that I am a thoroughly lazy individual, and hearing so much about maximum effect for minimum effort—well, how could I resist?

I suppose it was this same lazy streak which could not resist the invitation of Lt. Janson to spend a second holiday and visit the Danish dojos. So it was that the 5th October found my wife and self rolling across the North Sea bound for Vordingberg, a small sea port in South Zealand, Denmark. We were met at the station by Lt. Janson, who is the leader of the Judo movement in Denmark, and from that moment onwards we were guests of the people in every sense of the word. Installed in Lt. Janson's home and looked after by his very patient wife, Gerda, we talked of many things and Judo. Dramatic messages were sent to all other Judo clubs, "The Englishman has arrived", and a meeting had been arranged with the Chief Reporter of the local newspaper, with whom we drank the best Danish beer and talked, through an interpreter, of Judo, the Budokwai, and life in England. To put it mildly indeed, the results in the paper were most embarrassing, and we felt sure that somewhere, somehow, the Danish and English conversation had got all mixed up.

On being introduced to the members of the school I found that Judo as we know it was almost non-existent, though everyone was most anxious to learn. They have practised since 1945 a form of Jiu-Jitsu and close quarter fighting, rather more suitable in my opinion for the training of soldiers than the development of Dan grade judoka. This training does not appear to develop good body movement or co-ordination, neither does it give the proper mental approach to Judo and the ideals of G.K. As far as I was able I showed them the basic principles of balance, leverage, etc., and a variety of hip and shoulder throws; a small effort to try and start them on the way to true Judo. At the moment the Belts in Denmark are only national, being based on Jiu-Jitsu, and what appeared to me to be a whole volume of historical knowledge of the art. I humbly suggest that the ancient monks who practised won't help much on the mat to-day, and a lot of this study time might be better spent at hard practice, as Mr. Leggett suggests in his article on Butsukari, recommending ten thousand repetitions just to begin one throw.

On Sunday, 9th October, Lt. Janson took us to Copenhagen to meet the principal members of the seven clubs in the city.

When we arrived the mats were cleared, and yours truly knelt in the centre of an enormous gymnasium while Lt. Janson introduced

me to the fifty or sixty members ranged along the far wall. To say I was trembling at the knees would be an understatement ; I was shaking all over, and how I longed for the skill and confidence of a Percy or a Mossom. When the talking suddenly stopped and they all rushed towards me, I didn't know whether to flee out of the exit or crawl right under the mats. The language was a big difficulty, but somehow we managed to pair them off so that one of each could speak English, and with this arrangement I went through the usual balance, leverage and several throws, all of them showing the greatest interest, because there appears to be no one in Denmark able to teach them Judo. They would be most grateful for Dan grade instruction from the Budokwai, and I can assure any of our Black Belts they would have a welcome second to none.

After a pleasant stay in Copenhagen, we returned to Vordingberg, where Lt. Janson and his club were to give a show to the army and friends, and I was asked to assist. The club members demonstrated self-defence against various forms of attack, and your humble servant showed the locks and strangles most used at the Budokwai, several hip and shoulder throws, and an exhibition randori with Lt. Janson. The young chap assisting me with the locks, etc., because he could speak English, just couldn't remember to tap, and since he had a nice soft velvet neck (not like the Budokwai types), the changing colours of his face, so I was told afterwards, caused not a little concern to his mother in the audience. However, the show went off without mishap, when we all rounded off the evening with beer and dancing. During our stay my wife and self were invited to many of the homes of the Danish judoka. They are the best of hosts and on one occasion when going to tea we found at each of our places a little red ensign, in honour of the Merchant Navy, in which I served, and for England. Especially may I recommend Mr. Mossom to Vordingberg. He will be very welcome in the home of a certain judoka, who will insist on his guest taking two bottles of beer to bed and drinking a further two before rising in the morning, which should quench even that old warrior's thirst.

We were a little sad to leave Vordingberg. Everyone had made us feel so much at home that to travel to Fredericia in Jutland seemed like going into the unknown again. In true Danish fashion, however, we were met at Fredericia by Mr. Kuhnel, and after meeting his wife and family it was only a matter of minutes before we were all very good friends.

I visited the club the same evening, where I found the same Jiu-Jitsu methods being practised. Here the language difficulty was most acute as we only had one out of around fifty members able to understand and translate English. After the first evening we settled down to about twenty members, eager to take up Judo as we know it, and this enabled me to practise with each one in turn

in addition to the usual theoretical instruction. I left in Denmark several copies of "Twelve Throws" and in Jutland to help them progress through the winter we had a number of articles by Mossom, G.K. and Mr. Leggett, taken from my own copies of the Bulletin, translated into Danish, a very difficult job indeed to get the exact meaning.

All too soon came the time to leave for England, and the Danes thanked me profusely for the instruction I had been able to give them, presenting me also with a remembrance medal from all the club members; two of them made a dreadful journey in terrible weather in order to do so. On the morning of departure an enormous box of flowers were delivered to Mrs. Newcombe, a very nice gesture, Fredericia, and although Mrs. Newcombe was seasick all the way back, she brought the flowers safely home to England.

May we take this opportunity on behalf of us both to say thank you, Denmark, to all those people, too numerous to mention as individuals, who took us into their homes and endeavoured to make our stay as pleasant and economical as possible.

[Further reports on Dojos Abroad by our roving reporters, including Mr. Chew's account of his visit to Holland, will appear in the next Bulletin.—ED.]

A CUCKOO IN HOLLAND

On the invitation of the Netherlands Judo Association, all arrangements were completed for me to attend a meeting of the European Judo Union at Bloemendaal on the 29th October, a "Dutch Judo Sport Day" the day after, to be followed with a week's course of instruction. But my formal application for a visa was refused two days before I was due to travel. So Mr. J. Barnes, the Chairman of the British Judo Association, had to travel alone, charged with double duties, representing Great Britain and deputising for Mr. T. P. Leggett, the Chairman of the European Judo Union, who was unable to take leave from his office duty. Mr. G. Chew followed on the 29th October in an independent capacity. Then, to my surprise, at 11 p.m. on the 29th October a telephone call came through from Holland and said: "This is Van der Bruggen, of The Hague. Your visa has been arranged. Will you fly over by the first plane you can get?" Thus Destiny played her trump card after a month of suspense.

When I arrived at the K.L.M. office at Sloane Street the following morning at 9 a.m. I overheard that the plane, owing to fog, would be taking off from Blackbush instead of Northolt. That morning the front page headlines of the newspapers were "Air Liner Crash, 52 dead", in heavy types. What an omen, thought I. But then I fancied someone was saying, "Everything happens for the best".

On the way to the airfield the fog was patchy. Near Staines the visibility was about 20 yards, but beyond Virginia Water the sky was clear. At 11 a.m. we were off. There were about 10 passengers in the 40-seater. The sensation of being airborne in the hands of a skilled pilot is like that of being thrown by the skilled hands of a judoka. The charm and attentiveness of the stewardesses were uncanny to one used to post-war manners. As soon as we were on the heaven's way there came offerings of chewing gum and periodicals. As I was settling down to the pages of *The Illustrated London News*, for there was no view out of the window except dark fog beneath, a cup of hot soup was served, followed by a tray of attractively displayed dishes, the names of which were unknown to me. In one corner of the tray was a cigarette tucked into a book of matches, in the other a small cardboard box containing a bottle of gin. All tasted good. Over the Channel broken white clouds floated like puffed cotton wool. By the time the cigarette was lit we were in sight of the regularly divided and spotlessly tended fields of the Netherlands.

At the airport, which appeared unseasonably militaristic with armed guards, I was met by Messrs. Van der Bruggen and Van Brakel. On the way to Leiden our car was stopped three times for identification. When we arrived at the hall where the meeting was held, "The Judo Day" was in full swing. As we entered a large deserted dressing-room covered with lifeless clothes, piled or hung on the tables and walls, like dead bodies, the sound of clapping echoed from the other part of the building. My visit was to be a complete surprise to the gathering. The first thing that greeted me was the



G.K. in Holland.

gleeful face of Barnes, which suddenly appeared from behind a heavily loaded coat-hanger. A minute later Dutch friends and Chew surged in. After jovial greetings, I was told that I was expected to give a demonstration. So in I marched, in a procession to the main hall, where cameramen were waiting to shoot us, and up the steps to a platform where the officials sat along a long table, looking down to the floor below, where about 100 in judogi sat on the mat, surrounded by rings of onlookers. The hall, similar to the Seymour Hall but not so large, was filled to its capacity. H. Van de Velde, who was in charge of a microphone, placed the instrument in front of me. After a few words of greeting, I was on the mat with Chew, unrehearsed, but our throws and counter-throws and slow motion KIME-NO-KATA went off without a hitch. Then it was tea-time, an important institution in English life. How the habit enslaves you! While mass randori was in progress, with some habitués I escaped into a coffee room. But soon a "caller" was after me for more. So I "jigged" and "danced" our Judo exercises. I do not know how much of my double-Dutch was understood, but the atmosphere was very friendly and encouraging.

At the end of the day, Barnes, Chew and other foreign visitors returned to Bloemendaal with Dr. Schutte. I was entertained to coffee and a Chinese dinner by Mr. H. v. Diggelen and other officials of the N.J.J.B. and N.J.A. Then to bed at Van der Bruggen's home in The Hague.

The following morning I was taken by train to Hilversum, where at Mr. K. van Hellemond's Sport School a course of Judo instruction was to be held. The gymnasium was well equipped for all kinds of sports and games. The dojo was of fair size, but not quite big enough for the class. The number registered for it was forty-six, including Laglaine (3rd Dan) and Godet (1st Dan) of France, Betti-Beruto (2nd Dan) of Italy, and Aabrink, Friegast-Hansen and Christensen of Denmark.

Each day we worked from 2 to 4 in the afternoon and 7.30 to 9 in the evening. The subjects we covered were the principles governing effective use of the body mechanism and the basic theory of hand, leg, foot, hip and body throws and counters. The technical details may not have been easy to follow for many, for a journalist in reporting on the course remarked in his article that "Mr. Koizumi never said good or right, always better". However, the course as a whole may be said to have been successful in establishing a better understanding about the nature of Judo. The last day was marked by grading contests and a dinner party at the Hong-Kong Restaurant in Amsterdam.

During my stay I was a guest of Mr. G. Koning in Amsterdam for two days, and another two days of Mr. and Mrs. Jan Snijders in Utrecht. In each case, I am afraid, I played the dirty game of a

young cuckoo, pushing my hosts out of their own nest and occupying it myself! Friday night I spent at the Central Hotel, Amsterdam, in the company of Barnes, Chew, Nakamura from Belgium and Betti-Beruto of Italy, who left early in the morning for Paris. We three, England bound, spent a busy morning, helped by Nakamura with his car, booking seats on the plane and doing some shopping. Each of us, pockets bulging with a bottle of gin, cream chocolate, cigarettes, ham and what not, managed to get on the 3 p.m. plane. Over the Channel in bright sunshine, tea trays on our laps, news was flashed "Steady rain over England". At 4.30 p.m. we were sorting out our goods at Sloane Street. So ended another happy busman's holiday with thanks to Judo and the Dutch friends.

Side issue perhaps, but a few impressions left in my mind may be of some interest to readers. There were no signs of food shortage in Holland. One evening, as an appetizer, a slice of cooked ham 6 inches across and $\frac{1}{2}$ inch thick was served. The taste of cakes and coffee with rich natural cream was a tantalizing reminder of pre-war days. A visit to the museum in Amsterdam in the company of Koning and Barnes was a balancing factor to the gluttonous liberty which we enjoyed. There the masterpieces of Rembrandt and other Dutch masters, in well-studied settings and under a calculated lighting system, were shining in their glories, emanating in silence their mystic power which stirs and vibrates the soul of man and stimulates and nourishes cultural evolution. Indeed, there is no boundary nor age to the arts in their heights. On a visit to the Oriental section of a Leiden museum, accompanied by Mrs. Snijders, Dr. Schutte and Laglaine the time was too short to see choice pieces which were kept in the stores, but the care that has been taken to show the objects at their best was very noticeable. G. K.

A PROVINCIAL LADY TAKES UP JUDO

By BARBARA BALL.

One day I came across a small paragraph, in our University Guild Gazette, about the Judo Club. They wanted more members. To my surprise, women as well as men were invited to join. This sounded very interesting, so, on the next club night, I went down to the gymnasium to investigate.

There was a mat laid on the floor. Several men appeared, dressed in what looked like pyjamas, and started to throw themselves about with terrific thuds. Gosh! they need padded cells, I thought, and looked around in great alarm.

Just then a young lady appeared. I was introduced to her, and was reassured about the thuds. She suggested that I try some myself. Pat (that was her name) then led me to the mats and proceeded to teach me breakfalls and to try a few throws. By the time she had finished with me I didn't know if I was vertical or horizontal. I began to think there was an awful lot to learn in Judo. The prospect became awe-inspiring, the end unattainable.

Then I thought hopefully that if Pat could survive it, maybe I could too.

I think that women are well suited physically to practise the gentle art. They cannot rely on strength, so they must concentrate on acquiring skill. Progress is not slow, but the immediate results are often disappointing.

One is often asked "Isn't it too energetic and tiring?" It depends on how much strength you use. I don't think so, there are many more tiring things to do—scrubbing floors, washing clothes, playing hockey, netball, tennis, or even hurrying for a bus. After that answer, one is then regarded as a strange new animal—a cross between a woman, a gorilla and an elephant.

It is very rare to suffer a serious injury if one exercises reasonable care and doesn't do randori on concrete. Perhaps a bruise or two is all one gets. From a medical point of view, I can find no detriment to women doing Judo. It is a very excellent form of exercise and makes for a graceful, upright carriage, and quickness of thought and action.

There is one thing though, that women, on the whole, could do with a little more of, and that is fighting spirit. By that I mean the ability or determination to see things through to the end, be it victory or defeat. Which it is, is immaterial.

Environment has a great deal to do with the mental attitude towards randori. From childhood upwards a girl is repeatedly brought to think that she is inferior physically to her brother. Some experiment to prove the point and meet with varying success and failure. Others accept the situation and have never engaged in



"Mind my hair!"

any kind of combat at all. Then, when faced with an opponent in randori, they start off at a double disadvantage: firstly, it is a new experience, and secondly they expect to come off worst. It is, therefore, some time before they can learn to mix it wholeheartedly in randori.

Judo may be an ideal sport and exercise; it may be very fine self-defence; it may increase co-ordination of mind and body; it may do a lot of things; but they are all secondary reasons for being thrown around *ad infinitum*. The most important reason is that we like Judo—somehow, the liking grows with each session.

A very encouraging individual once asked me why on earth I did Judo anyway, as I'd never be any good at it. That may be so, and he's very likely right; but, again, that isn't the point. I do Judo because I enjoy it and for no other reason, and that holds for other women besides myself. To have met G.K. and his Black Belts is an education in itself and is to be set down as one of the outstanding landmarks in my life.

To conclude, after writing all this, I don't know if I dare appear on a Tuesday evening again. There are disturbing visions of being systematically thrown, sat upon, strangled and finally carried off on a stretcher.

I LEARNT IN JAPAN

By H. STAFFORD-HILL.

[Mr. Stafford-Hill is an engineer who served in the Royal Engineers Corps in the First World War in Italy, Greece and Albania. In 1923 he joined the Public Works Department of the Shanghai Municipal Council, where he remained until after the Shanghai Battle which followed the Japanese invasion of China. He is now working at Nottingham. Mr. Stafford-Hill studied Judo both in the Japanese Quarter of Shanghai and in Japan, where he was graded 2nd Dan at the Kodokan. His experiences in Shanghai and Japan and the lessons he learnt there form the subject of this series of articles.—ED.]

It was during my service with the Shanghai Public Works Department that I came in contact with the Japanese, and in due course I was accepted as a member of the official Ju-Jitsu Club in Boone Road, in the large Japanese Quarter of the Settlement.

I remember now, years after, those first days and weeks, how in the beginning I walked down the dark and narrow passage by the main Club Buildings, nervous but determined to find out all about this Ju-Jitsu business if it killed me (and there were times when I thought it would!). Already my heart is beginning to beat a little faster, for I shall be the only white man in the club, a foreign Devil to all the others and a very lonely and friendless devil to myself. Then comes the noise of the thud of bodies striking the mats, disconcerting to the beginner. At the entrance one's nostrils are assailed by the acrid smell of sweat and steam. The sudden shouts, the flying bodies, what a scene to break in upon!

I would enter the club, undo my foreign shoes and slip on a pair of flat-soled Japanese slippers, unhook my Judo kimono from the racks on the ceiling, don this "battle-dress" and take a quick look round at those present. Sure enough there would nearly always be one or two strangers, not regular members of the club but tough eggs, hairy and scruffy, who had dropped in from rival dojos or off some ships in harbour from Japan. I often thought they came in for the free hot baths more than anything. No sooner was I on the mats, loosening up, than one of them would come over and in the usual way squat in front of me, bow, and invite me to "play" with him. From the way some of these chaps tried to slam me down and screw my head off I gathered they had no love for "foreign devils". However, as time went on and I got "wised up", the slamming down and screwing heads off wasn't always on me.

Later on I came to know four other foreigners who, out of the many who aspired to become proficient at Judo but who usually pack up after the first bit of slamming down, were like myself determined to stick it and show that foreigners could take it and hand it out. Judo bound us together, especially as we were the only foreigners who stuck it year after year, and we became firmly convinced that degrees from Tokio by recommendation through some of the remote country club trials were not always the real thing. We were all determined to visit the Kodokan in Tokio, enter the competitions and trials for all Japan and pass out there if possible in open competition. Many Japanese we found had obtained their grades *via* small clubs and through local influence, who had never entered trials in Tokio. Some, of course, were good and genuine, but the majority were inferior to Tokio standards. I soon learnt, too, that the real Ju-Jitsu experts of Japan were well aware of this state of affairs, for they would ask: "What grade have you? Black Belt? Where did you get it?" And when you replied, "Tokio", they would usually say, "Oh! very good", and treat you with respect.

Each year I was allowed a month's local leave, which for the sake of Judo I arranged to spend in Japan. I eventually obtained the Black Belt and the next grade above.

The hardest part of my Ju-Jitsu training were the summer and winter exercises. The winter exercises were held at 6 a.m. in the coldest part of the season and the summer ones in the evening of the hottest period. They lasted for 30 days each and were really a hardening process; a form of self-discipline certificate was issued to those attending.

During my 1938 visit to the Kodokan in Tokio, after I had obtained the grade above Black Belt, I was sitting on the mats of the main auditorium, feeling pretty satisfied with myself, as one is apt to feel on accomplishing something that has taken years of study, when a little old man came up to me for a bout. He was not much more than 8 stone, had only one or two teeth in front,

some bandages on his thin legs and thin, straggly black hair tinged with gray. His age was about 60 and his height 5 feet 2 inches or 5 feet 3 inches, and he was rather bent. "Yes," I thought to myself, "here is one of the good old 'has-beens', a classy instructor or professor. I must pay respectful attention and no rough stuff". So I tried one or two throws in the approved orthodox style to show how perfectly I'd learnt them, but they didn't somehow come off. This little fellow knew what was coming as soon as I did. He stepped this way and that, a push here and a pull there, not exerting himself in the least, making me look rather amateurish.

"This won't do at all", I thought, "so here goes to give the old boy the works; he knows how to fall anyway", and I prepared to try my best competition throw. At a moment when I thought I had him off balance I made a beautiful fast turn. The little shrimp! Again he just seemed to step 2 inches out of the way. Then he smiled and in perfect English said, "No! not that way, this way!" and I flew through the air with the greatest of ease! I could not get up for a moment for sheer surprise. When I did, I knew that here was the polished article, the acme of Judo and worth listening to. I asked who he was. "Oh! That's the great Mifune-San, one-time champion of Japan, still chucking all comers at the age of 60 by the sheer artistry of the game."

KATAME-NO-KATA

(Continued from the last Bulletin.)

(T=TORI or applicant. U=UKE or receiver.)

SHIME-WAZA. Neck locks.

1. NAMI-JUJI (Normal Cross).

After a brief pause, U lays himself on his back as he did for the holdings. T moves to U's right side and bestrides U. Then T, pulling down U's right lapel with his left hand, grasps the lapel deep at the side of U's neck with his right, the palm turned downward, and changes the hold with his left hand to other side, in the same way as the right. Holding thus and pressing the wrists sideways firmly against U's neck (Fig. 1), T draws his elbows towards the sides of his body, stretching his body upwards, expanding his chest forward. In these actions, do not contract the muscles of the hands, wrists and arms too rigidly, so as to make them solid sticks. They should be made to work more like ropes. The shoulders should not be raised, but rather be lowered. The wrists must first be pressed against the lower part of the neck, and drawn downwards. The elbows should not be opened sideways. In this way the strong muscles of the neck are forced downward and the pressure is brought to bear directly upon the blood vessels which are normally protected underneath. The action will practically stop the blood circulation to the brain and in a few seconds U will be reduced to a state of coma. Such is the object of neck

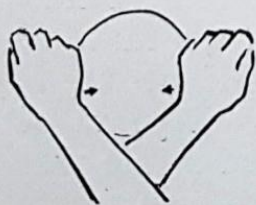


FIG. 1.



FIG. 2.



FIG. 3.



FIG. 4.

locks. U, when he feels the effect of it, taps, and T releases his hold.

2. GYAKU-JUJI (Reverse Cross).

T remaining in position astride U, grasps the lapels of U's jacket as before, but this time with the palms of the hand turned upwards instead of downwards, and applies the lock in exactly the same manner as described for the last (Fig. 2).

When U taps for submission, T dismounts and kneels at the right side of U.

3. HADAKA-JIME (Strangling the Naked).

After a pause, U lifts the upper part of his body and turns his back on T. T then passing his right hand over and down over U's right shoulder, presses the wrist, the palm turned downwards against U's throat, and by bending the elbow applies the upper part of his right arm to the back of U's neck. So that U's neck is held between the wrist and arm with the scissors like action. Then T, resting his left wrist, the palm of the hand turned upward, on U's left shoulder, clasps his own right hand at the left of U's neck (Fig. 3). Holding thus, T moves slightly to his rear drawing U with him, weakening his balance, and tightens the grip on U's throat.

The effect of this lock is different to the previous three, the pressure being applied to the windpipe. It is therefore decidedly more uncomfortable than the others, and also takes much more time to effect its object. However, in contest, the opponent caught with this neck lock, taps quickly, merely on account of the discomfort.

4. OKURI-ERI (Sliding Collar).

After releasing the lock and helping U to resume a sitting position, T passes his right hand over U's right shoulder and under his chin, and grips with it the left lapel of U's jacket as high as he can, then passing his left hand under U's left armpit he grips U's right lapel (Fig. 4). T then drawing U slightly to the rear, straightens his arms forcing the lapels to slide against and cut into U's neck downward.



FIG. 5.

5. KATAHA-JIME (Single Wing Lock).

Resuming the starting position as for the last move, T passes his right hand over U's right shoulder and grasps U's left collar, not necessarily very high, and passing his left hand through and under U's left armpit, moves it upwards to U's left shoulder, then along the back of his neck to the right, pressing the arm against the neck, raising U's left arm upward. This will tighten the pressure around U's neck (Fig. 5). The action of T's left arm should not be against U's head, for U can resist it with the strength of his neck muscles.

This ends the second set. T and U resume positions as in Fig. 1.

G.K.

(To be continued.)

QUESTIONS AND ANSWERS

Question: Who are the principal Japanese Judo teachers now in Europe?

Answer: Apart from our own "G.K.," we only know of Mr. Kawaishi, 6th Dan, in France, and Dr. Hanko Rhi (who comes from Korea) in Switzerland. We should welcome news of other Japanese teachers.

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I guess Shaw Desmond must have arrived.

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IMPERIAL COLLEGE JUDO CLUB : Prince Consort Road, South Kensington, S.W.7. (Dojo : Wed. 5.15-7.30 p.m., Sat. 10.30-1 p.m. Visitors always welcome.)

KING'S COLLEGE, LONDON, JUDO CLUB : King's College, Strand, W.C.

METROPOLITAN POLICE JUDO CLUB : Peel House, Westminster, S.W.1.

OSRAM JUDOKWAI : Osram G.E.C. Social & Athletic Club, Osram Works, Brook Green, Hammersmith, W.6. (Dojo : Wed. 6-8 p.m., Fri. 5-8 p.m. Visitors welcome after prior notice.)

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BRISTOL :

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BURNLEY :

THE BRUNOKWAI : The Burnley Judo Society Whittlefield House, Burnley, Lancs.

CAMBRIDGE :

CAMBRIDGE UNIVERSITY JUDO CLUB : Grafton Street, Cambridge.

COVENTRY :

COVENTRY TECHNICAL COLLEGE JUDO CLUB : Technical College, Butts, Coventry.

THE TORA JUDOKWAI : c/o Mr. E. P. Hipwell, 10, Orchard Crescent, Memorial Park Estate, Coventry.

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HORSHAM JUDO CLUB : Horsham Evening Institute, Oxford Road, Horsham.

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KETTERING :

KETTERING Y.M.C.A. JUDO CLUB : 264, London Road, Kettering, Northants. (Dojo : Wed. & Fri., 7.30-9.45 p.m., Y.M.C.A., Bow Hill.)

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LIVERPOOL :

LIVERPOOL UNIVERSITY JUDO CLUB : 12, Childwall Mount Road, Liverpool, 16. (Dojo : Wed. 6.30-9 p.m. term time only, University Gymnasium, Bedford St. North.)

ARNOT STREET EVENING INSTITUTE JUDO CLUB : Correspondence to 21, Goodison Avenue, Walton, Liverpool, 4.

MANCHESTER :

MANCHESTER UNIVERSITY JUDO CLUB : Burlington Street, Manchester.

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